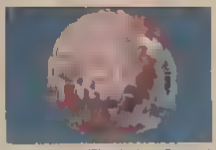
SPOKE

Conestoga College, Kitchener

30th Year — No. 38

November 9, 1998

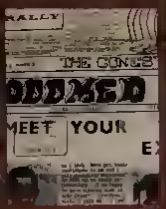
Balloon over Doon

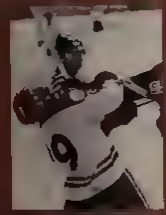


(Photo by Jason Gennings)

What's Inside







New course

Elective tackles anxiety

By Melissa Dietrich

A new elective that deals with commonly faced anxieties by students will be available at Conestoga College next semester.

Carol Gregory of student services said a group of students from a public speaking group she organized, helped her realize a course like this would be beneficial for all students.

"I absolutely agreed with these students," said Gregory. "So I talked with two other counsellors over the summer about getting the course together."

Gregory said this course which is called Anxiety and Personal Performance, will deal specifically with test anxiety, public speaking anxiety and workplace performance anxiety.

She said the elective will be offered to students under Block D.

This includes students that will be in semester two nursing, semester four micro computer administration and semester three early childhood education.

Gregory adds that any other students that are interested in taking the elective and can fit it into their schedules are eligible.

In the first two weeks of the course students will study theoretical framework to understand anxiety and its physiological, cognitive and behavioural components.

Students will also learn about the cycle of anxiety and how to set realistic goals to decrease anxiety and increase comfort in situations that promote anxiety.

In week three, students will move to one of the three options which they will have chosen in advance, said Gregory.

The options are test anxiety, public speaking anxiety and workplace performance anxiety. Workplace performance anxiety is for students who experience anxiety in the workplace, placement or clinical components of their programs.

See Course — Page 10



Conestoga forward Marko Jurisic tackles Centennial's Louie Voitsinis during the Oct. 30 game at Conestoga College. See related story on page 15.

(Photo by Ned Bakovic)

Going up

Tuition fees to increase at Conestoga next year

By Jaime Clark

Tuition fees for Conestoga College students will go up in the fall in accordance with a government policy set up for the 1998-2000 school year, said Kevin Mullan at the Doon Student Association meeting held on Oct. 27.

The policy was set up so individual colleges had the discretion to increase tuition fees within a 10 per cent range and allow differentiated fees in the past, the government would set tuition fees for the entire college system, no matter the school or the program.

Differentiating fees means that an individual college could raise the tuition of any program to any price. "A classic example I always use is animation down at Sheridan which I think is $8,500. There is almost a guaranteed job at the end of it from the standpoint of marketplace demand and typically would have a very high placement rate," said Mullan, of finance and administrative operations.

Mullan said tuition fees could be different at the same college by program and differ from college to college within the same program. "So someone in business admin(istrative) accounting could be paying a different tuition fee at Fanshawe, Mohawk or Conestoga."

Mullan said last year after a fair bit of discussion a decision was made to have a 10 per cent tuition increase across the board and this year differentiated fees are not being recommended at Conestoga.

Also decided upon last year was that 30 per cent of the tuition increase would go into local financial aid funds. A protocol was worked out with the DSA where the money would primarily be spent on local work study programs, special needs, choices, assessments, childcare and bursaries.

If I were student I'd be saying, 'My tuition fees keep going up, why don't I see a lot more resources? That is probably a very logical expectation from the standpoint of paying tuition fees.'

The government grant given to the college is currently $2,900. In 1991-92 a $5,402 subsidy was given to the college for delivery of programs compared to $4,346 for 1998-99.

That's the big dilemma now, the fact that the government grant is dropping far faster than tuition fees are going up," Mullan said.

Across Canada, tuition fees range from nothing in Quebec to approximately $2,000 in Alberta, Nova Scotia, Prince Edward Island and Saskatchewan.

The government has said that there will be a maximum of one per cent increase in the operating grants to the colleges. For Conestoga that means roughly $220 million of the $54-million budget comes from that basic operating grant.

We've got to weigh against that what are the increased costs of delivery? The big one that's sitting in the background right now is the academic settlement. There's a lot of valid reasons as to why academic salaries are going up — numbers of years without a raise and wanting to keep quality faculty in the classroom. The known salary increases that we've got are well in excess of $1 million for next year," said Mullan.

Mullan said there are a lot of issues running behind the tuition increase including financial need, political direction and the legal entity of the college. Conestoga's financial position at the end of the last fiscal year on a $54-million budget, is a total accumulative operating surplus of about $41,000.

See Tuition ...Page 8

Non-profit DSA will report a loss

By Jaime Clark

The Doon Student Association will finish the 1998-99 fiscal year with a net loss of $39,580 according to the proposed budget presented to the board of directors on Oct. 28.

Kristin Murphy DSA president, explained to the board that in order to continue being considered a non-profit organization, the DSA had to bring their profits down.

"In years passed there have been surpluses of over a large amount of $30,000-40,000 and every year the auditors have come in and told us 'Hey look you're a non profit organization you shouldn't be making this money. If you do, you can lose your non profit status. And in years past, from what I understand, there hasn't been anything done about it," he said.

Jean Hussey vice president of operations presented the budget, which was prepared by last year's student executive and gave copies to the board.

During the 1997-98 fiscal year the DSA planned to bring in $276,274 compared to this year's proposed revenue of $775,700. A decrease of $2,934 in gross profits is also planned for this year from [illegible].

In the category of administrative expenses most areas see an increase with the new budget. Honouraniums for the DSA president went up $275 from $1[illegible]

[illegible] changes [illegible] the past [illegible] students. [illegible] from $4,500 [illegible] from $2,300 [illegible]

Proposed [illegible] in the budget from $1[illegible]

Nursing students link breast self-examinations with fear

By Dee Bettencourt

Fear may stop many women from examining their breasts for cancer or from even stopping long enough to discuss the topic, two third-year nursing students said during a breast awareness seminar they presented.

Then my audience of two on Nov. 2 at Conestoga College may have attested to the truth of that statement.

Only 25 per cent of women perform deliberate monthly examinations which I think is low," said Kelly Persaud one of the presenters. When I spent four days in the oncology (cancer) department at Cambridge Memorial Hospital all the doctors and nurses stressed how important this (breast self-examination) is."

> "You normally have to push quite hard to feel any lumps."
>
> *Noella Duarte, nursing student*

Noella Duarte her partner at Monday's presentation and also currently in the midst of her clinical studies at the same hospital said she had just felt a lump in a woman's breast that day.

The majority of cancers I have seen so far are breast cancers."

Although finding a lump is common most are benign or non cancerous. During self examination Persaud said women should look every month at their breasts in the mirror to see if any visible changes have occurred. "Look for puckering red skin discharge from the nipples an itchy or scaly appearance of the areola (the dark circular area around the nipple) or any new veins that have appeared on the breast. If you previously felt a lump and it has grown that would be a sign, too.

Beyond viewing Persaud said she recommends women use a circular method with the pads of their fingertips to check the breasts underarms rib cage sternum and upper chest areas. "You normally have to push quite hard to feel any lumps," she said encouraging participants to pick up a dummy breast that had to be practically ground away at before a myriad of lumps could be felt.

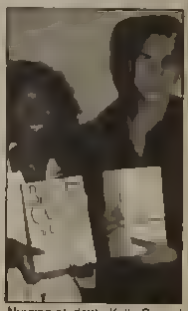
Thanks to regular check ups, self-examinations and mammography the five-year survival rate for breast cancer has risen to 87 per cent from below 40 per cent over the last twenty years. Approximately one in nine to 11 women will face breast cancer during the course of their lives.

Duarte said it is usually only women over the age of 50 who undergo a mammogram every other year since their dense breast tissue of milk duct tissue begins to disintegrate with age. Any cancerous spots become more visible to the remaining fatty tissue.

An Ontario Breast Screening Program Centre can provide a mammogram without a doctor's referral. Both Cambridge (519-740-4999) and Guelph (519 821 7752) offer these screening programs.

Younger women with denser breast tissue may sometimes have a mammogram simply to establish a baseline Duarte said, unless they are exhibiting other symptoms.

There are specific risk factors that may contribute to the likelihood of getting breast cancer said Persaud. If women are 50 or older have a family history are smokers began menstruating before the age of 12 years (which means they released estrogen early) or if they haven't had any children (hormones are released during pregnancy which can help prevent breast cancer) they are at greater risk. Other risk factors are obesity or eating a high fat diet.



Nursing students Kelly Persaud and Noella Duarte presented a breast-awareness seminar on Nov. 2. (Photo by Dee Bettencourt)

Duarte said standard medical treatment for breast cancer is surgery chemotherapy through intravenous chemical administration (which can cause non permanent hair loss and fatigue) and radiation (which is a type of localized X-ray that can cause permanent hair loss and sensitive skin in that specific area). "If the patient needs radiation treatment for five weeks then they go to Hamilton every day for those five weeks until it's over. It's very difficult for them.

Persaud adheres to the philosophy that an ounce of prevention is worth a pound of cure. I think it would be a very good idea to have nurses going in to teach young women in high school to recognize changes in their breasts," she said. Many girls don't like to examine themselves or have a male doctor touch them. But teaching them early is better than waiting until they're 50 and afraid of the results."

BACK STAGE

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Wired to retire

Broadcasting technician signing off

By Lisa Wilhelm

After almost 30 years of service at Conestoga College, Bob Currie, a member of the broadcasting faculty is retiring.

Going into his 65th year Currie was born in Sarnia Ont. on Nov 16. He lived in London Ont., before moving to Goderich where he went to high school. He got into TV repair right after that and has continued to the field ever since

After working as an operator in Woodstock for three years Currie became chief engineer at 21. He was briefly in London and then went on to do the technical work for what is now the New VR in Barrie.

"I wired a lot of the old station," said Currie

It was after that when he came to Kitchener to work at CKCO where he was employed for almost 10 years

His first encounter with Conestoga came about because there was an immense amount of wiring to be done

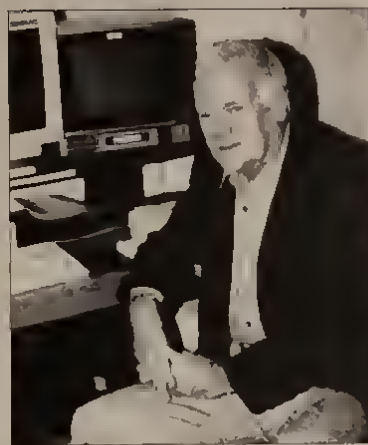
"The radio console was set up and needed to be wired," Currie said. "There also used to be portables that had to be wired to the cafeteria."

Since that time 30 years ago, Currie has become one of the most well liked and respected teachers ever to be involved with the broadcasting program

Since Currie started there have been many technical changes. For one thing they were using records on the radio whereas now they use CDs. There also used to be no video machines back then so everything was done live.

We now have digital beta which is vastly improved," Currie said

Currie who said he is a little more active in the television aspect of the program remembers when you had to run everything by a manual turntable. Now he said you can set up everything by computer to run for seven days straight.



Bob Currie a member of the academic support staff for the broadcasting program will retire at the end of December after almost 30 years of service (Photo by Lisa Wilhelm)

> 'Everyone who has gone through the program owes so much to Bob"
>
> *Mike Thornhell*
> *broadcasting co ordinator*

During his years at Conestoga, Currie and his students have been involved with many activities both on and off campus

"We've covered 29 Santa Claus parades in Toronto" Currie said "We've missed one and that's only because the mobile broke down."

He is also been involved with covering the Thanksgiving Day parade during Oktoberfest for 28 years as well as Junior A hockey games ski doo beauty pageants football games and baseball games.

Since the start of the program student admittance was between 26-28. Now it is around 30-32. With that many students being admitted into the program every year Currie said he has dealt with almost 900 students.

And a lot of those students have gone on to become successful and some even very well known in their field

"When I see (broadcasting graduates), I'm proud of the fact that these students even remember me," Currie said.

> "He really knows his stuff and I really think that Bob is the root of the TV studio"
>
> *Juhe Mintha*
> *third-year broadcasting student*

But according to some students and faculty involved in the program right now it's going to be very hard to forget a man like Bob Currie

Juhe Mintha, a third-year television broadcasting student, said everybody in the program knows who Currie is and nobody could ever say anything bad about him

"From my experience... he has a lot of patience and takes the time to spend with you and give you lots of ideas" said Mintha. "He really knows his stuff and I really think that Bob is the root of the TV studio"

Rainer Wootelboer also a third year television broadcasting student, said Currie's leaving is going to hurt the program a lot and he doesn't think that people in the program will realize that until he's actually gone

"He is technically the smartest teacher out of the whole staff" Wortelboer said. "He has brought knowledge and patience to the program and gives people the motivation to learn every aspect of TV"

Two of Currie's colleagues Mike Thornell, co-ordinator of the broadcasting program and Carla Fitzsimmons administrative assistant have not only had the privilege of working with the man, but are both graduates of the program

"Bob's added human touch to the technical side of things" said Fitzsimmons, who graduated in 1996. "He helped me as a student, as well as part of staff."

Thornell a graduate of 1979, said that Currie has really gone above and beyond the call of duty

He advises you with what you need and is one of the most loved faculty that has ever been in the broadcasting program" said Thornell. "He'll always take the time with you... even if you call him up at home

"Everyone who has gone through the program owes so much to Bob"

As for the future, Currie thinks that retirement will keep him quite busy. Rogers Cable has asked him to volunteer with them and CKCO has asked him to wire up a new radio station they are planning. He would also like to spend some time up at his house trailer in Tiverton, Ont., with his wife of 38 years and has three grandchildren who he would like to spend time with

"I also want to do some travelling."

Currie said although he's looking forward to retiring, he is having mixed emotions about the idea.

"I have spent 30 years of my life here and it's going to be hard to leave," Currie said. "I have had many more good times than bad and I hope to still be a friend of the course and come in and help if I can."

Although everyone in the program is happy that Bob is retiring and that he deserves this after many years of hard work, he is going to be greatly missed

"He went the extra mile with the students even when he didn't have to," said Fitzsimmons.

Although Mintha also believes that he deserves to retire she said that but working days are not over

"His days in TV are not finished because I can never see Bob sitting still."

GED testing available at Guelph campus

By Jacqueline Smith

A testing program for adult high school equivalency is being offered at Conestoga College's Guelph campus.

General Education Development (GED) is an international testing program for adults who have been unable to complete high school. It is available in all provinces and territories except for Quebec.

"The tests were designed to measure the ability to understand and reason rather than a testing of facts and memory" said Judith Ball, college access and prep studies co-ordinator.

The GED tests are a battery of five tests in the core of high school curriculum areas such as writing, social studies, science, literature, the arts and mathematics, according to a brochure provided by the Ministry of Education and Training.

The tests measure important knowledge and skills such as the ability to apply information, evaluate, analyze, and draw conclusions, and express ideas and opinions in writing.

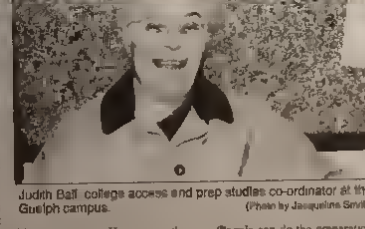
Ball said people improve themselves by doing the GED.

"The GED is a great thing to get, simply because it proves that a person can handle any work at the level of a high school graduate or can perform any kind of job that thinks people need a Grade 12," said Ball. "Employers on a whole are very happy with it."

On the other hand, Ball said colleges do recognize the tests but require more qualifications.

"The reason why colleges require other qualifications is that the GED doesn't teach people advance math or writing skills."

Ball said Conestoga does not give the exam. People have to go to Burlington, London or Mississauga. However the college does offer preparation for the test at the Stratford Guelph, Cambridge and Waterloo campuses.



Judith Ball college access and prep studies co-ordinator at the Guelph campus. (Photo by Jacqueline Smith)

People can do the preparation with us. Usually this takes anywhere from less than a month to a couple of months, depending on how confident people are when they come in," said Ball. "When they do the preparation with us they usually do academic upgrading at the same time for college entry. This takes six month to one year."

The co-ordinator, who uses a past student as an example said people do find jobs after doing the GED.

"One guy was re hired by his company after a layoff and was given a higher position."

The tests are available to English and French. Special editions and testing accommodations are available to assist those persons with special needs and physical and/or learning disabilities.

Persons who have successfully completed the requirements for the General Educational Development tests in accordance with the Ministry of Education and Training receives an Ontario high school equivalency certificate.

COMMENTARY

Why they play

Outrageous salaries ruining sports



Rob Himburg

Ninety one million dollars over seven years what an astronomical figure One would think that is how a prize in the New York Lottery would be paid out

In essence it is a New York Lottery but not to some lucky citizen. It was awarded to New York Mets catcher Mike Piazza.

Piazza a Stirling fellow in the Mets tie for the National League wildcard playoff spot, was seeking in excess of $12 million a season

This to play a game that was once considered an American pastime which has now become nothing more than a gathering pool for the greedy and money hungry

> It's really funny how those who play a fun game earn so much for doing so little

Granted, he has talent and is one of the premier offensive players in the game today but he is getting paid millions for playing a game that children are taught to have fun at.

It bothers me to see how salaries get in the way of the game being played.

Between owner lockouts player strikes and player holdouts, the entire sporting world is becoming ridiculous

A clear example of the result of such a contract is Albert Belle of the Chicago White Sox who is currently in a $55-million contract over five years. He was able to get out of it and demand more money simply because of a clause in the contract that said he would be allowed out if he is not in the top three salaries in Major League Baseball

The most puzzling thing is that he wants to stay with the White Sox...but just for more money It just shows the selfishness of some players

It's really funny how those who play a fun game earn so much for doing so little while people in the medical field get paid peanuts, in comparison for saving human lives. It's just one of those things that makes you wonder

The issue however is a double-edged sword. The way I see it is if I'm offered a substantial amount of money to play baseball or any sport for that matter I would have to consider it.

For a million bucks a season I'd go toe to toe with a 300-pound NFL lineman, get pounded into the boards by a 240-pound NHL defenceman or risk being hit by a white bullet travelling 60 feet at almost 100 miles per hour

I would be very happy with that kind of salary especially for a half years work Wouldn't you?

So who's fault is it? It's a combination between the owners and the players The owners are ridiculous to pay them that much to the first place and the players who are encouraged by their unions to get as much as they can, who will greedily sit out when they're making only $1.5 million a year instead of $1.8 million

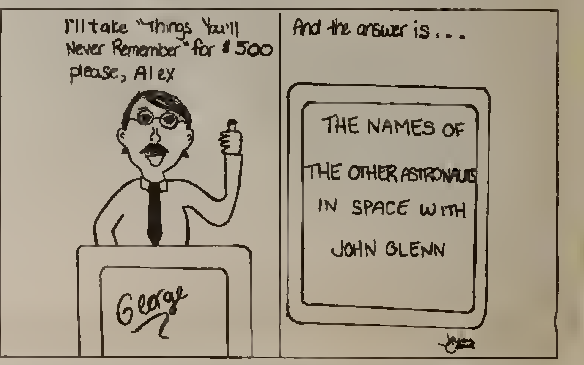
It is so stupid it makes me laugh When the numbers are that high what is an extra $300,000?

And who is suffering in the long run? The fans, of course Ticket, merchandise and concession prices all go up in an effort to keep filling the seats and making enough money to pay the outrageous salaries.

It used to be that you could go to any sports event relatively cheaply Now you pay for parking an absurd amount for a ticket, regardless of how far away from the action you are and pocket draining prices for food and drinks.

Then there's the merchandise. Just to pay the salary of someone who kids look up to as a hero the same person who will hold out of a season for an extra few hundred thousand dollars

It is pathetic In time the sports world will crumble and this will explode in the faces of these players and who will suffer then? Why the fans again of course.



A casualty in the abortion war



Melanie Spencer

The war between pro-choice and pro life shows no sign of ending as another tragedy has resulted from the abortion debate Unfortunately there are no winners in this battle only losers.

On Oct 23 Dr Barnett Slepian a 52 year-old obstetrician and gynecologist who performed abortions was killed by sniper in his Buffalo home

He was the fifth victim of abortion sniper attacks in Canada and New York in the last four years He was also the first fatality from these attacks.

It seemed as though Slepian was aware of the dangers he faced by agreeing to perform the legal medical procedure

In an August 1994 letter to the Buffalo News part of which appeared in an Oct. 26 article in the Kitchener Waterloo Record Slepian wrote "Please don't feign surprise dismay and certainly not innocence when a more volatile and less restrained member of the group decides to lead by shooting an abortion provider "

He was right It really shouldn't come as a surprise that these senseless tragedies occur After all it's not uncommon to see pro life protestors picketing outside hospitals where abortions are performed or outside the homes of the doctors who perform them.

What is truly terrifying is the fact that some people actually support this violent act

Rev Donald Spitz founder of Pro Life Virginia, commented on the action

We as Christians have a responsibility to protect the innocent from being murdered the same way we would want someone to protect us Whoever shot the shot protected the children " he said in the same article.

> Slepian's only crime was to perform a legal medical procedure for women

It the 90s It's hard to believe that someone can hold such a narrow view of murder

It seems odd that Spitz claims to value life but in the same breath states the sniper was protecting children.

What about the children who were in the house when he/she fired the fatal shot Did that individual consider their safety Probably not

Slepian's only crime was to perform a legal medical procedure for women. For that he was targeted and punished by the sniper

The result of this will never be his children's graduations goals and husband will [illegible] with his wife

As well there will be fear for those women and [illegible] considering abortion s

The people who [illegible] Slepian family who [illegible] very much will loved and the man [illegible] looked upon him as a defender of a woman's right to choose.

SPOKE Keeping Conestoga College connected

SPOKE is published and produced weekly by the journalism students of Conestoga College.
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Entertainment Editor: Jody Sankar Sports Editor: Ned Ockavec Photo Editors: Denise Bettencourt Neven Mujezinovic
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SPOKE's address is 299 Doon Valley Dr Room 4D15 Kitchener Ontario N2G 4M4
Phone 748 5366 Fax 748 5971 E-mail spoke@conestogac.on.ca

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Tampon dispensers inadequate

Washrooms unprepared for women's monthly needs

By Dee Bettencourt

There is something missing in some of the women's washrooms on Conestoga College's Doon campus.

Out of seven women's washrooms tested in the main building on Oct. 29, only three washroom dispensers offered tampons and sanitary napkins when fed a quarter per product.

The other four washroom dispensers or 57 per cent, simply ate the quarters and dispensed zilch.

This could be a frustrating and costly experience for women especially if repeated regularly. It can also, however, illuminate the existence of a sort of female fraternity dedicated to the shared yet dreaded monthly exodus of fluid.

For instance... one female student lost her quarter in the lower level washroom dispenser by the elevator while attempting unsuccessfully to purchase a sanitary product during this analysis... but was promptly rescued by a stranger, Darlene Jarvis, who offered one of her own tampons.

"I never trust them (the dispensers) in general. I always have tampons on my person. I hate being left in a predicament where they're empty or not being able to help someone out as I just did," said the third year accounting student. "They (the dispensers) are unreliable."

One male student, who declined identification, said he thought women should be more organized and bring sufficient tampons and pads to deal with what is after all usually a monthly occurrence.

But if a four day length of period is arbitrarily chosen as an example and that woman is in a three year program, she will experience 144 days of flow from the start of her program through to graduation.

If she uses three tampons during the day while on campus, that student will require 432 tampons altogether.

It may be difficult to be completely prepared to this degree especially as the female cycle is not always predictable and a personal supply of sanitary products may be at one end of the campus while the woman is at another.

These dispensers are the sole source of sanitary products on campus since the bookstore does not stock them either.

When questioned why the bookstore did not carry these essential products despite selling items such as gum, clothing and Tylenol, a staff member replied she did not know why but would gladly donate an extra from her own supply if required.

Even the Doon Student Association (DSA) was not sure why their office generally offers condoms, stored in a basket on the main DSA desk, but not tampons.

Vinky Lichty of the DSA, said, "It's not even discussed as an issue. I always have a problem getting tampons at the bathroom beside the elevator on this level."



Third year students Lori Illingworth (left) and Jennifer Cross hold a tampon which was not obtainable at the washroom closest to their program. (Photo by Dee Bettencourt)

During the course of visiting the seven washrooms, one in particular seemed inadequate space-wise. It was also not stocked with sanitary products for the students and faculty who use it.

The third floor women's washroom in the B wing has only two stalls, yet can service over 230 women daily from the law and security (LASA) broadcasting, radio and television (BRT) and print journalism programs.

Journalism instructor Andrew Jankowski said he suspects this bathroom has to service the most people for its size and location, admitting when questioned that women also require more time per washroom visit than men do.

He said the third floor men's bathroom has a similar problem, although it does offer 50 per cent more capacity with two stalls plus a urinal... "In fact, the whole building has a shortage of toilet facilities."

Lori Illingworth, a third-year BRT student whose program is run on the third floor, agreed with Jankowski and said, "Somehow two toilets are not enough. Also if you're having a crisis and the machine doesn't spit out a tampon at you, it's a little awkward."

Another third year television and broadcasting student, Jennifer Cross, further condemned the washroom on the third floor.

"The bathroom always has janitor manuals on it. But it can be within five or 10 minutes since it's been 'cleaned' and urinated and there's toilet paper on the floor and stuff coming out of the garbage."

It should be said that at the time of this study the washroom was noted to be clean but devoid of feminine hygiene products.

LASA faculty member Susan Hardny said although the third-floor male and female washrooms were made smaller last year to accommodate access for handicapped users, she felt the women's washroom was just too cramped given its angled walls.

"It was obviously designed by a man, a small man."

Please consider the question in this paragraph a title to be addressed solely to female readers who need to purchase a tampon or pad.

It should also be said that the statistical accuracy of this investigation might be somewhat compromised since the study was not repeated several times.

Ladies bearing this in mind if you are having a hot and heavy date with your calendar you may be best advised to visit only the following washrooms: the main floor washroom closest to student services and located directly beside the housekeeping services department, washroom 2C8 in the nursing wing and washroom 1D12 in the business wing which is also unfortunately subject to waiting lines.





Healthwise

BREAST HEALTH

Breast disorders represent a significant health concern to women. Lumps or changes in the breast structure can detect breast disorders. There is one in nine chance that a woman will be diagnosed with a malignant breast disorder before menopause and then one in eight chance after menopause.

Risk factors include being female, age 55 years or over, onset of menstruation at age 12 years or younger, onset of menopause at age 55 years or older, first full term pregnancy after age 30, family history, obesity, and exposure to ionizing radiation.

It is crucial, breast lumps be detected early and diagnosed promptly. Current guidelines accepted by the American cancer society, the National cancer Institute and the American college of Radiology regarding breast surveillance include health maintenance practices such as breast self examinations, clinical breast examinations, and routine mammography.

By age 20 you should be doing breast self examinations monthly. Using the pads of your fingers you should closely examine each breast looking and feeling for any lumps, hard knots, thickening of the breast tissue, dimpling of the skin or any changes in the breasts. Examine the entire breast using small circular motions in a spiral or up and down motion, so that the entire are is examined. Any changes in the breasts should be taken seriously and looked at by a health care professional.

A trained professional should do a clinical examination of the breast every three years between the ages of 20 and 40 and every year thereafter.

A screening mammography for women at risk should be done between the ages of 40 and 49 every 1-2 years and an annual mammogram for women 50 years of age or older. Which consists of a x ray technique used to visualize the internal structure of the breasts.

By following the current health maintenance techniques it will increase early detection and treatment which will enhance survival rates.

By Mandy Mahon,
Semester 5 Nursing student

Do you have questions about a health problem or concern?
E-mail us a healthwise@conestogac.on.ca

Success of psychic show not an illusion

By Sarah Thomson

Levitation table tilting and telepathy were just some of the things that left a bewildered crowd guessing what was really going on in Second Sight's Psychic Vaudeville show at the Sanctuary Oct. 27.

Husband and wife psychics duo, Jeff and Tessa Evason delighted the audience with their interactive upbeat and humourous show.

One of the most memorable highlights of the show was the levitation of an audience member.

Evason said, "The levitation person was really good."

She was successful with a trick that involves clasping your hands together intertwined and trying to keep your index fingers separated, and also with the watch when she visualized the watch she couldn't open her eyes, so he knew that she would be in natural at the levitation.

"The fingertip test and the watch visualization are susceptibility tests for a hypnosis show."

Simond Stunt wasn't during a hypnosis show but Evason said some of the methods are the same. The show uses the power of suggestion the theory that as long as you internalize it, it will happen.

For the table levitation they try to get someone who has tried the Ouija board and has been successful with it said Evason.



Chad left a volunteer from the audience helps Jeff Evason with a table levitation as part of the Second Sight Show.
(Photo by Sarah Thomson)

They got a great response from the audience. The guy they picked was great with the table levitation, said Evason. His hand remained up in the air even after I was on to the next sentence. So obviously for him it was a really powerful experience.

Those are two examples of what they chose when they need specific people for the most part they look for smiling faces said Evason. The worst thing is to get someone against his or her will that doesn't really want to be up there. He said it doesn't add to the show, so they try not to get skeptics or even worst cynics.

Skepics are one thing, and it's healthy to be skeptical, but a cynic is very disruptive and we don't want that. So we encourage people to be skeptical and we encourage people to look at what we did and try to figure out how it happened, said Evason.

They do use some illusion in their shows. A lot of what happens with the audience in the telepathy or second sight segment with Tessa identifying audience members, is stuff she can't know about. This also includes the date that magically wrote itself on the chalkboard but a lot of the stuff is not illusion.

> "We encourage people to look at what we did and try to figure out how it happened."
>
> *Jeff*
> *psychic*

They have what is illusion and what is not up to the decide. But Evason did that anyone can do the table levitation at home with a card table and four people touching fingertips and the table will move all the place but it will not rise into the air.

"That is a clue to where illusion comes in," said E[illegible].

Most of Jeff and performances are held corporate functions and events but they will be [illegible] few television appearances. On Nov 13 they will be on *Weekday* on the Women's Television Network. Nov. *World's Greatest Magic* on Nov 25 and *Grand Illusions* The *Story of Magic* on Dec. 22, on Discovery Canada.

Buyer beware

Second Sight performers criticize phone psychics

By Sarah Thomson

Second Sight performers Jeff and Tessa Evason don't like to refer to themselves as psychics because they don't encourage people to use 1-900 psychic lines.

The Evasons who have been performing together since 1983 have many insights about the psychic line business as discussed in an interview after their show Oct. 27 in the Sanctuary.

"I hope that at least people are getting some entertainment value out of it because they sure aren't getting any help out of it. There's no way," said Jeff Evason referring to 1-900 lines. It's like putting your money into a slot machine. If they are getting entertainment value out of that's OK. If they seriously go every weekend they are not going to win, the casinos is going to win. It's the same with psychics said Evason.

Regarding the credibility of psychics 99 per cent are not real said Evason adding that there are good psychics out there. Evason and his wife who go to psychic fairs such as the Psychic Expo in Toronto can walk up and down the rows and tell which psychics are good. One in seven people are really good, said Evason.

He says if you search on the Internet for 1-900 psychic numbers you will find information about all their inner workings and find out that anyone can buy a line for about $600 an hour and set their per minute rate. The profits are split 50/50 between the company and the owner of the line and the company is responsible for providing bodies to man the phones and keep people on the line for five minutes.

"These psychics they are not psychics, they take a one day course which probably lasts an hour on how to keep people on the line. At the end of five minutes they have done their job at that point. They now do whatever they want but you have already got the charge on your bill," said Evason.

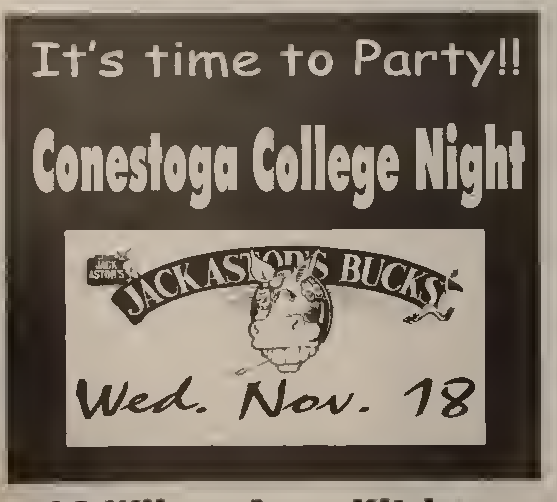
The Evasons have been approached three or four times by companies one of them being Bell Canada. We don't want to do it because we think it is very negative for people to be sucked into this sort of thing and to lose money," says Evason.

> "I hope that at least people are getting some entertainment value out of it because they sure aren't getting any help out of it. There's no way."
>
> *Jeff Evason*
> *psychic*

He says he knows that his wife is intuitive and that she has helped many people and guided them. She's not a scam artist, but how could she ever have the time to sit on phone and answer them all the time? The people that have approached them wanted them to give their name to the line do commercials and sell them the length of time. It's awful," said Evason. I don't believe in it because I've read so many stories in newspapers about people. One story I read last month was about a person that was in debt $70 000 US to the psychic lines. People are calling and losing their house, everything they are addicted.

"That person has a mental problem but there is a lot of people who have a mental illness that are calling for someone to talk to. They have lost it, they have lost all sorts of self-control calling up these lines," said Evason.

There is no one policing saying, "Hey wait a minute this person can't call. Those lines are open to anybody that has a phone now that is their credit card, says Evason.



CD Review

Pras headed for *Ghetto Supastar*dom

By Judy Sankar

Ghetto Superstar

Unless you've been living under a rock in recent months this phrase is familiar. What's more is that the song Ghetto Superstar has been a success the world over. If you are one of the millions who helped this song soar to the top of the charts get ready because that song was just a taste of what Prakazrel "Pras" Michel has to offer.

Ghetto Supastar (the album) is the most recent release by a former Fugee. In case you've forgotten the Fugees exploded onto the rap/hip hop scene in 1993 creating a turning point in the history of the genre.

Pras proves that he is as musically inclined as Lauryn Hill and Wyclef Jean on their solo projects. The album title exquisitely describes the 18 track album and Pras' life so far. *Ghetto Supastar* means that Pras hasn't left his Brooklyn upbringing behind. He does however know exactly where he is headed.

> Pras proves that he is as musically inclined as Lauryn Hill and Wyclef Jean on their solo projects

He doesn't flaunt his riches or his high lifestyle. He addresses subjects that his listeners are more likely to identify with. Blue Angel (possibly the best song on the album) for example is about women who are strong and good. It's about women who can be supportive during a relationship and can be anyone from a girlfriend to a mother.

The song, however, is one of the tracks that samples older songs. It's a slight irritation since otherwise original songs are thrown into the ever building pile of such sampled tunes like Puff Daddy's I'll Be Missing You.

Ghetto Superstar, the single, is another song off the album that samples an old tune. Although the words have been slightly modified the chorus of the single is taken from Islands in the Stream, a Dolly Parton and Kenny Rogers duet.

The sound of *Ghetto Supastar* is



different from the solo albums released by Pras' former partners, Hill and Jean.

Relative amongst the three artists Jean takes on more of a reggae/pop sound on *Carnival*. On *The Miseducation of Lauryn Hill*, Hill takes on a soulful melodic vibe. Pras on the other hand has found a place in between and has therein created his own unique sound.

All songs on *Ghetto Supastar* are catchy. That is, you'll find yourself dancing to every song (except the religious tracks Hallelujah and Amazing Grace).

Pras addresses everything from the benefits of hard work and determination to the importance of religion to just having fun.

Ultimately Pras has proven himself a successful solo artist with *Ghetto Supastar*. The release of this album in conjunction with Hill and Jean's solo projects defeats one myth.

A group isn't necessarily stronger when it stands together. In the case of the Fugees Hill, Jean and Pras can stand on their own just fine.

1 2 3 4 5

And then there were three

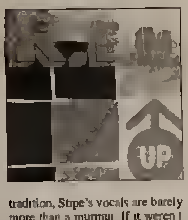
R.E.M. proves it can keep *UP* with times

By Melanie Spencer

For some bands, losing a member after 17 years would destroy them. But not R.E.M. When drummer Bill Berry left the Athens, Georgia, quartet in October 1997, Michael Stipe, Mike Mills and Peter Buck made it an opportunity to reinvent themselves.

UP marks the debut of the new R.E.M. The 14 tracks produced by Pat McCarthy and the band, offer a more experimental sound for the band including the use of synthesizers and drum loops to build on their sounds of the past.

The album opens with the extremely dark and mellow Airportman. Keeping with



tradition, Stipe's vocals are barely more than a murmur. If it weren't for the lyrics printed on the liner notes of the sleeve (a first for the band) the listener would still be wondering what he was saying.

While Airportman is difficult to listen to, one shouldn't write off the album because of it. Unfortunately it gives listeners a false impression of the album.

Thankfully what follows more than makes up for this slow start. *UP* is a blend of electrifying guitars and beautiful string arrangements.

Suspicion, a song about how people's imaginations can give rise to suspicious thoughts is similar to many songs on 1992's *Automatic for the People*.

One wonders if Stipe is really referring to himself on an imaginary person as he sings: Now my suspicions on the rise/ I have known/ I have known your kind./ Please don't talk/ don't make me think/ order up another drink/ let me let imagination drive.

Similarly the shark Yeo re m the Air is reminiscent of The Wrong Child from *Green*.

> *UP* is a blend of electrifying guitars and beautiful string arrangements

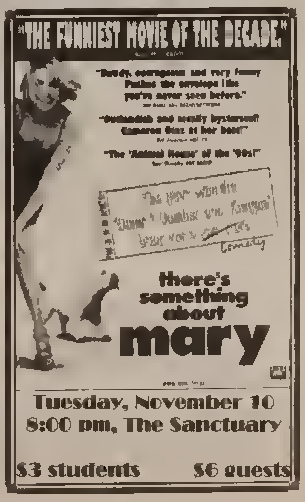
The first single released, Daysleeper currently receiving heavy rotation on many radio stations, is a haunting song about a person who works the night shift. Stipe's lyrics are so descriptive the listener can actually visualize the scene.

By far the stellar track on *UP* is Walk Unafraid. Perhaps one of the most powerful songs ever written by the band, it deals with the stifling effects of society's need for conformity. It begins with an eerie sounding guitar riff, which gives way to bursts of electrifying energy as Stipe sings passionately. How can I be/ what I want to be?/ when all I want to do is strip away/ these stifled constraints/ and crush this charade/ shred this mad masquerade.

From these songs and others on the album, it is evident that necessity breeds invention. By using Berry's departure as a catalyst for change R.E.M. have produced a solid effort, which could become one of the best albums of 1998.

1 2 3 4 5

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Concert review . . .

It's Sloanly Rock 'n' Roll

By Ned Bekavac

For a band with four consecutive gold albums and a songwriting ability miles ahead of its Canadian competition, Sloan certainly deserved better.

Organizers who moved their Oct. 29 Guelph gig from the sold-out Peter Clark Hall to the more spacious University of Guelph athletic complex may have forgotten that gymnasiums are for bouncing balls, not sound.

Dreadful sound and a youngish crowd gave this show a high school battle of the bands like feel.

Not that the 1,500 in attendance minded.

From the minute they took the stage with their latest hit, 'She Says What She Means,' the Halifax born Patrick Pentland, Jay Ferguson, Andrew Scott and Chris Murphy were showered with echoing Sillooaaaannn drones from the boisterous crowd. Murphy even partook in the chants himself.

What followed was a near two hour long affair that had Sloan playing a whopping 24 tracks from its four album catalogue.

Whether his was calling fans onto stage, throwing out water bottles, leading hand-clap sessions, or doing his patented David Lee Roth like scissor kicks, bassist Murphy was the centre of attention. But with four songwriters each sharing lead vocal duties, this was more than the Chris Murphy Show.

It was the lanky Scott who carried the show musically. Scott not only kept beat with his lurid pounding of the drums, he mounted the piano for 'Suppose They Close The Door' and 'Sinking Ships' from Sloan's latest release, *Navy Blues*. He then took centre stage and guitared '400 Metres On The Horizon' and 'People Of The Sky' while Murphy manned the skins. Scott's tunes have a more mature, moodier feel to them, they gave the show a great change of pace.



Andrew Scott leads the Sloan army in Guelph (Photo by Ned Bekavac)



Bassist Chris Murphy strikes another rock star pose (Photo by Ned Bekavac)

Though Pentland had in the shadows for much of the performance, the rest of the band was in its usual goofy good mood and in spread. Whether belting out the hits 'The Lines You Amend,' 'Coax Me,' 'Everything You've Done Wrong' or playing the sombre 'Nails On' and 'I Can Feel It,' the audience was with them all the way. Murphy even replaced Scott and sang lead on *Twice Removed*'s 'Before I Do.'

Unfortunately, third-rate sound left the audience in the back half of the venue struggling to pick out the band's finer quirks.

Ferguson's 'I Wanna Thank You' was an utter mess; piano chimes echoed badly through the venue while Ferguson struggled to keep his microphone from giving out on him.

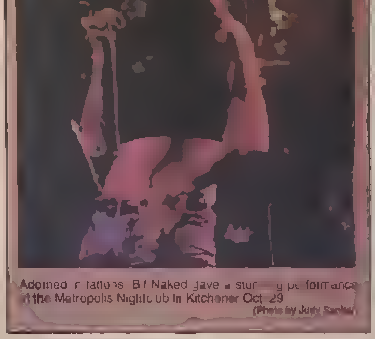
Closing its set with the arena rocker 'Money City Maniacs' complete with red sirens and all, Sloan and Murphy in particular had the audience ignore the awful acoustics for a chance to dance the night away. One brave fellow even mounted the side-stage speakers.

As the "Sloan" chants rang again through the facility, Murphy returned alone and had the crowd sing 'Deeper Than Beauty,' a gem from its sophomore effort, *Twice Removed*, recognized by *Chart* magazine as the best Canadian album of all time.

Scott returned to the traps and the band churned out a five minute jam session that included 'The Bird Is The Word' while Scott screamed into the microphone like a mad man.

It is this type of improvisation, playfulness and musicianship that makes Sloan live shows a refreshing change.

And with it, they collected their $50 winners check and two hours of free studio time.



Adorned in tattoos, Bif Naked gave a stunning performance at the Metropolis Nightclub in Kitchener Oct. 29. (Photo by Judy Sachse)

Fright Week festivities . . .

Slashing pumpkins

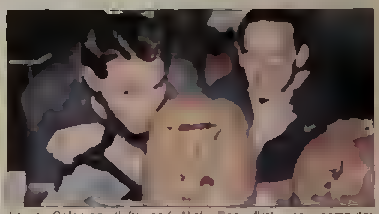
By Melissa Dietrich

Conestoga College students had a howling good time as they took part in the pumpkin carving contest dowm in the Sanctuary on Oct. 28.

The event was part of the DSA's Fright Week celebrations that also included a bowling contest, apple bobbing contest and a costum contest.

With eight scary pumpkins entered plus a pumpkin decorated by members of the DSA, it was a big decision for ROXY radio announcers to pick the winner.

Finally, after minutes of inspecting each pumpkin and judging them on scariness, greyness and the technology used by the carvers, they decided.



Steve Coleman (left) and Nick Rae, first year computer programmer/analyst students, pose with their pumpkin "the Pillsbury Doughboy." (Photo by Melissa Dietrich)

First place was won by Vic Espiritu, a first year general arts student. With his pumpkin nailed Killer Espiritu won prizes including a flashlight and a Roots t-shirt.

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Tuition hikes

continued from page 1

Gourmet delight

Six-course fundraiser a success

By Jacqueline Smith

A gourmet dinner for the food and beverage management program at Conestoga College was held at the Four Points Sheraton Hotel on Nov 2.

The evening which included an awards program, started at 7 p.m. It was the second initiative of a fundraising campaign expected to raise $25 000 for equipment upgrades at the Waterloo campus kitchen and dining area.

Those who bought the $55 ticket were served a six-course meal with various kinds of wine. The first portion of the campaign was a $250 value coupon book, which are being sold for $25 each.

Two hundred and twenty people filled the Grand Ballroom that was donated to the college for the evening. Chefs from eight of Kitchener and Waterloo's top restaurants, along with Tyrone Miller, the program's chief and some of the students participated in the occasion.

College president John Tibbits opened the evening by welcoming everyone and introducing the master of ceremonies, CKGL's Neil Aitchison, the first graduate of the college's broadcasting program.

Four students were awarded for their leadership qualities, character, professional promise and their ability to get along with others.

The food, wines and decorations were donated. Reflections, a band of eight, lead by Henry Currie, a K-W Record reporter provided the evenings entertainment while CHYM, CKGL and the Record did the media promotions.

Scott Hergott was awarded the Canadian Hospitality Foundation Merit award for $500. Michelle Miller was awarded the Food and Beverage Management Advisory Committee Award for $100. Ian Challenger received the Four Points Hotel Scholarship for $500. Wanda Thembisit received the Garland Group Scholarship and Melvin Pyke was awarded the Region of Waterloo Culinary Association Award of $250.

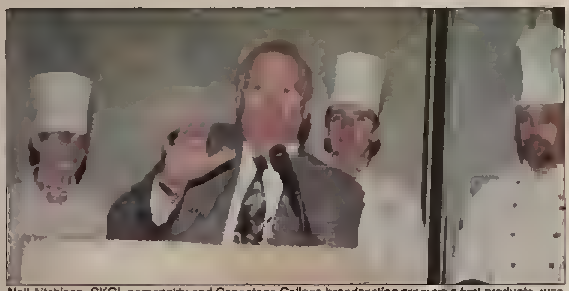
In his closing speech, Tibbits gave his appreciation and recognition to everyone who participated and donated their talents, efforts, time, energy and professionalism.

"As I said at the beginning of the evening, the only way that our colleges can really be successful in this day and age is through full co-operation and partnership from the community."

Tibbits said that without the partnership and support from the community, Conestoga could not operate at the very highest level that it would like to.

"Certainly I think you are aware that Conestoga has the highest job placement rate in the province at 93 per cent. And it is partnerships that really help us."

> "Certainly, I think you are aware that Conestoge has the highest job placement rate in the province ..."
>
> *John Tibbits, Conestoga College president*



Neil Aitchison, CKGL personality and Conestoga College broadcasting program's first graduate, was the master of ceremony for the gourmet dinner on Nov. 2.
In background from left is Jennifer Melles, Tao Russo's Restaurant; James McLean, Benjamin's chef; and Tyrone Miller, Conestoga's food and beverage management program chief.
(Photo by Jacqueline Smith)



Melvin Pyke, recipient of the Waterloo Regional Culinary Association, Pyke received the $250 award on Nov. 2 at the Four Points Sheraton Hotel for demonstrating leadership and initiative in the kitchen laboratory setting. (Photo by Jacqueline Smith)



Reflections, lead by Harry Currie, centre, donated their time and effort at the fundraising dinner for the college's food and beverage management program on Nov. 2. (Photo by Jacqueline Smith)



BLOCKBUSTER

Movie of the Week

Thurs. Nov. 12
12:30 pm

In The Sanctuary

SPOKE 30 YEARS

Keeping Conestoga connected

By Sarah Thomson

The following four pages are dedicated to celebrating the 30th anniversary of SPOKE, and the people that have been involved with it over the years.

Spoke bashing is a sport that has never lacked participants or enthusiastic spectators " wrote Jeannette Cantin, 1996 editor

Now in its 30th year the paper follows the adage the more things change the more things stay the same Since Conestoga College opened in January 1967 there has always been a student newspaper

The Conestoga News started in February followed by The Conestoga Doomed News, which continued until Spoke started in April 1968

Spoke as a name for a newspaper originates from the wheel as the symbol of a democratic country the spokes of the wheel represent the lines of communication within the college as a whole It is also connected to the Conestoga wagon that opened up the region

In the beginning, Spoke had an editorial staff paid by COR (Council of Representatives) the student association

Issues of the paper in the 60s contained poetry music reviews and short news pieces. The paper was printed in irregular sizes until the current tabloid format was established in October 1969

Spoke started to come together in the 70s for the most part. But in 1970 students who felt their work was censored by Spoke started an underground paper Concern The underground paper was a nice change from the crap Spoke puts out student Wayne Trevers said in a Concern article

In March 1970 the two papers united with a no-censorship policy In 1972 the journalism program started Interchange a newspaper aimed at the communities surrounding Conestoga.

Censorship in the 70s editions of Spoke was minimal One issue included a photo of a topless woman another showed five staff members mooning for the camera, and Little Puckers Get Screwed was a headline for a story about minor hockey

Spoke is broke due to unforeseen budget problems was the headline story in 71 A Spoke benefit concert and coffeehouse were held to raise funds for the paper

Throughout the 70s there was a constant staff turnover

One of the many editors to resign was Lowry Toombs an editor in 1972. He wrote, 'The paper's success or failure rests with the communication between divisions "

Students thought the conservative style of the paper Toombs established was dull leaving Paul Robertson an editor in '72 to come to the conclusion "Students enjoy reading smut The new decade was to offer a new management plan for Spoke

In 1980 the DSA (Doon Student Association) approached the journalism department and pleaded with it to take over Spoke With much trepidation, the journalism faculty changed its program to include the production of Spoke, said Andrew Jonkowski former journalism co-ordinator

By 1981 when journalism took over Spoke the department changed its program length and format to include one two month period working on Spoke In 1988 the program changed to allow students to work on Spoke for almost six months.

For some budding journalists like Christina Jonas 83 editor working on Spoke was a great learning experience. Jonas is currently employed at the Hamilton Spectator and teaches journalism part time at Conestoga

Interesting stories she covered included a business feature on a theatre make-up artist reporting on a CFL game and completing a photo shoot at African Lion Safari These experiences showed her the diversity in journalism

Some problems on Spoke arose from having the journalism department running the paper

This issue was addressed in an 1985 editorial by Rosemary Coates who wrote "We are not truly a student newspaper As much as we would like to produce a "student newspaper " A member of the journalism faculty makes all editorial decisions therefore Spoke staff are restricted

Coates also pointed out that if other students had their class work held up for criticism they would n t judge so readily

Learning how to constructively criticize his peers writing was a big challenge said Bob Reid 1987 editor He also felt it was a reflection on him if he wasn t able to get the stories from staff in on time

Working on Spoke was a favorable experience, especially writing a weekly column said Reid. This training lead to his present position as a columnist for the Stratford Beacon Herald and the Ontario Farmer

His confidence in writing columns was boosted when a Globe and Mail representative reviewing Spoke told him his column "was good enough to run in any paper "

Spoke started the 90s by fighting Physical resources staff would not talk to the paper because of a cartoon it would not retract featuring Bob Gilberds retired security supervisor awaking from a nightmare to find that security guards were ticketing each other to meet their summer quota.

Finding that the number of students reading Spoke wasn t to their satisfaction, a group of journalism students formed a policy committee in February 91

In April of the same year the DSA president John Lassel said

We are funding a paper and being stabbed in the back by the newspaper we fund because of what the DSA members felt was unfair reporting of the student association since January

The dispute continued, and in 92 the DSA reviewed its contract with Spoke an $18 000 a year subsidy paid in monthly installments in exchange for advertising and no editorial power The DSA wanted to make the paper more accountable to the student population in two ways It wanted to require the newspaper to allow non journalism students to be involved directly in the paper The other suggestion was to provide weekly coverage on a regional page for all Conestoga campuses

The DSA also felt Spoke should have a member of the DSA on its editorial board For the third year DSA in 93 was still upset with the funding of Spoke It decided it



Jim Carrey rehearses his impression of Sammy Davis Jr prior to taping

Star comedian on campus

Jim Carrey was featured on the front page of Spoke in 1982 when he visited Conestoga College to tape a demo for Johnny Carson

Photo By Sarah Thomson

New elective course to start in the fall . . . cont'd from pg 1

Gregory said there is a lot that students can learn about anxieties

"Anxieties are well learned and it takes time to unlearn them, she said 'This course gives students the format to do that and at the same time allows them to work on something which is important to them."

"It is a win win situation for everybody said Gregory

While in the specific part of the program students will learn three things. Firstly how to identify and alter self-defeating thoughts and mistaken beliefs Secondly how to utilize relaxation techniques and positive mental rehearsal techniques And lastly employ practical skills to enhance their performance effectiveness through test taking developing and delivering oral presentations assertiveness and conflict management skills

In weeks 10 through 16 students will work on individual projects that will both meet their unique goals and the course outcomes

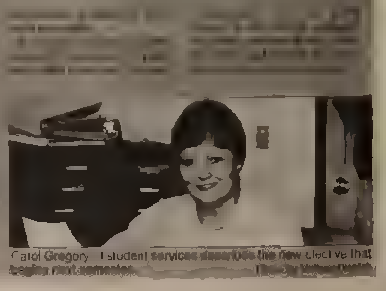
Gregory said the class enrollment is limited to 30 students

"We would like 10 students in each of the specific areas she said.

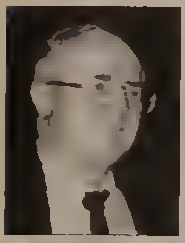
Students who are interested in this elective an go to student services Room 2002 to set up a brief meeting with one of the course teachers which are Carol Gregory Joan Magazine and Barbara Kisler

At the meeting students will find out more about the course choose their option and receive a course entry form to sign The form will then be forwarded to the Academic Support Office officially enroll the student in the program

Gregory said the meeting at the end of time will give the counsellors



Carol Gregory, student services counsellor, the new elective that begins next semester.



Andrew Jurkowski former journalism coordinator

Photo Submitted

would pay $17 500 for the year with plans to review its spending DSA pub manager Dave McQuillan said, "My personal opinion is to yank everything and start our own paper "

Fred Harris then chair of student services said in a Spoke article "Spoke is a publication that is very valuable to the student body and potentially very beneficial to the DSA Remember it was your creation not the college.

Jankowski involved in Spoke and the DSA for 12 years, said, "I don t believe that, if DSA returned to its role as publisher it could do so at the cost for which it is now getting a first rate newspaper

While professing a first rate paper the 90s had an underground newspaper Connoisseur in 92, Craig Stewart, a journalism student, started it because he said the "journalism department takes itself far too seriously "

Stewart made assurances about his paper "We re not out to compete with Spoke It s like comparing the New York Times (Spoke) and People magazine (Connoisseur)

Challenge is one word Heather Ibbotson an editor in 92 uses a lot to describe her Spoke experience It was an ambitious project to get everyone and everything organized but she enjoyed the pressure although it was a lot of responsibility

Ibbotson, who works for the Brantford Expositor credits her classmates for their hard work and enthusiasm The equality among them allowed them to work together smoothly

Spoke s technological evolvement over 30 years has been a challenge The process evolved from typewritten copy, to typesetting and manual paste-up to full pagination on computers using Adobe Photoshop and QuarkXPress

The two printers Spoke has used are Fairway Press and currently The Cambridge Reporter.

Technological upgrades have had total savings of at least 20 per cent over the years When COR was producing the paper it cost $30,000 today the DSA pays Spoke a subsidy of approximately $15 000 a year

Jankowski offers his comments about Spoke since 1981 He says, "I think Spoke the way it has been run, has done a really good job It's a real newspaper, I don t know if there was a single worst hour."

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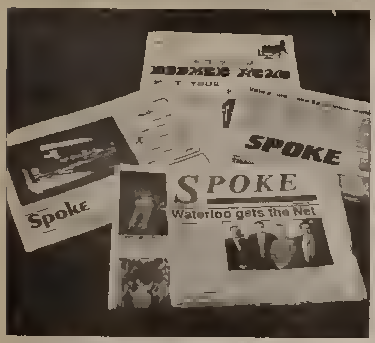
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PORNOGRAPHY REVIVAL INSTITUTE OF CONESTOGA COLLEGE

This was the first advertisement that ran in Spoke for the Pornography Revival Institute of Conestoga College on Nov 23 1970 An ad that ran after this one actually had a topless woman Later issues of Spoke reveal the club was a sham was the ads ran as a prank by a Spoke staffer

Photo By Sarah Thomsen

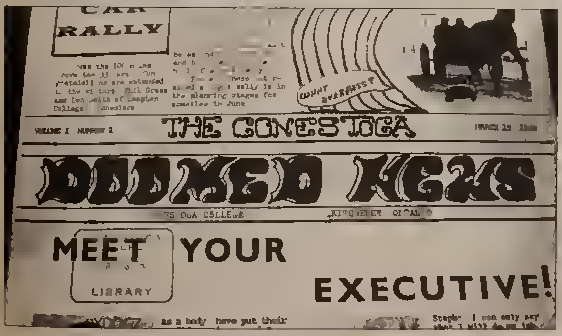


Bottom The first edition of Spoke called the Doomed News was published March 15 1968

Photo By Sarah Thomsen

Left. Various copies of Spoke from the '60s to the '90s.

Photo By Sarah Thomsen





Christina Jonas former editor of Spoke, holds a copy of the paper she edited Jonas is now a journalism teacher at Conestoga.

Photo By Sarah Thomsen

SPOKE 30 YEARS

Journalism teacher still a student at heart

By Melissa Dietrich

Andrew Jankowski's office sits way up in the tiny stuffy corridors of the third floor at Conestoga College. The many shelves are neatly packed with old volumes of Journalism Quarterly and photography books. Among the books sits a small stereo that is temporarily silent. Below a computer hums, awaiting its keys to be tapped. To the left is a clean wooden desk and rows of filing cabinets ensuring the office belongs to a teacher.

Jankowski, who will be retiring from Conestoga College in two years after 28 years of teaching journalism, began his life in Warsaw, Poland 63 years ago. Between the ages of four and 13, Jankowski had to learn to live without his father who had left for the war.

When asked if he had any heroes growing up, Jankowski remembers his Uncle Leon who was a monk. He describes his uncle as "a very saintly man." It was this uncle that influenced him so much he decided at age 12 he wanted to become a monk. His uncle however changed his mind.

When his father returned from the war, the family left Poland and moved to Canada. Jankowski's father went first in 1943, while the rest of the family, including his two brothers, came over in 1948.

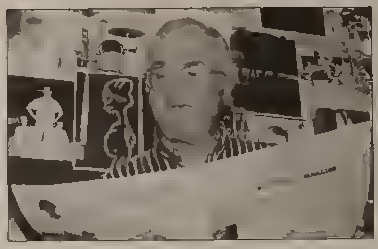
In his early teens, Jankowski became interested in flying planes. At age 18, he got his pilot's licence and later, during his long-standing experience with flying, spent time as an air cadet and in the air force.

Even today flying continues to be a hobby of his. Over the years, Jankowski has even owned several planes.

Jerry Frank, a journalism teacher and friend of his from Conestoga College, remembers flying with him once. "The same type of methodical approach you have to take while flying, I think Andrew takes with everything he does," says Frank.

After his years in the air force, Jankowski attended Carleton University. There he met his wife Carol of 28 years who was working at the same paper during their work term.

Carol describes her husband as a man who may have a short fuse, but who is also a conscientious man and is genuinely a good, strong and self-disciplined person. Make no mistake, Jankowski is also a person who admits to telling people what he honestly thinks of them. Besides his wife Carol, Jankowski also lives with his two sons, Mark, 21 and Adam, 19.



Andrew Jankowski has been faculty supervisor of SPOKE many times over the past 15 years. (Photo by Sarah Thomson)

After working as an editor at a Montreal paper, Jankowski decided to start teaching. "I had been essentially teaching while editor at the paper, so I thought I would attempt to start teaching at a school," he says. "It was not what I had expected it to be. I wasn't prepared for a lot of the things I would run into," remembers Jankowski.

Nevertheless, he has spent 26 years at the college and was co-ordinator of the journalism program for 13 and half years until handing over the job this fall.

Jankowski will be retiring from Conestoga College in two years because of one reason only: he will be 65 years old. He is relieved at being replaced as the co-ordinator because it was too much extra work.

During Jankowski's years at the college, he has befriended colleagues and students. One of the colleagues is photography instructor Roger Young.

Young's fondest memory was when he, Jankowski and Young's brother went camping together three years ago. The group was up in the Bruce Peninsula to take photographs of wildlife. Just before turning in the first night, Jankowski confessed to Young that his wife told him that he snores.

Young's response was "so what, my wife tells me that too." According to Young, they must have snored rather loudly during the night because few animals were to be found the next day.

Another friendship Jankowski has developed at Conestoga is with a student, Casey Johnson, who met him in 1995 before coming to the college.

Not only has Jankowski been a teacher to her, he has also become her mentor in life, says Johnson. She also looks at him as like a father figure, someone who has been there helping her make important decisions for her future.

Jankowski will miss teaching, but believes that during retirement he will be even busier. "I always wrote what other people wanted me to write, but I don't want to write that any more," he says.

Now that he can write what he wants to, he admits that he enjoys it more. He also plans to start back into photography.

Once a photojournalist, Jankowski has not been able to spend time taking pictures like he used to. He has also just discovered a talent for woodworking. This is something that he enjoys a great deal and looks forward to doing. He will also be working on a three person modern plane called a Zenith and believes he will continue to work on it and continue to fly other planes during the years to come.

His most pleasant memories of his years at Conestoga have to do with the students he has had. Although he does not feel totally responsible for the success some of his former students have had, he does feel proud of those students. "You can't sit back and expect things to happen by themselves," is his advice to ensure personal success.

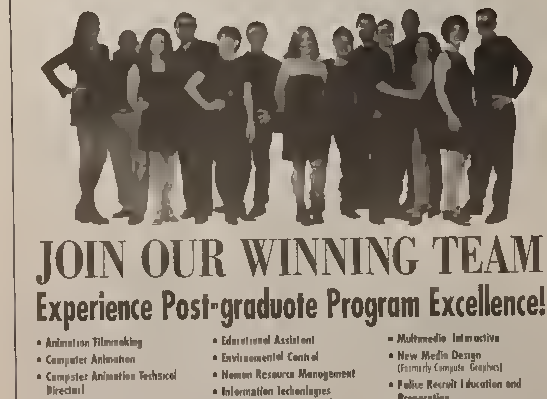
Laid back and relaxed, his feet resting on a desk and arms supporting his neck, Jankowski is asked what makes him feel happy or proud.

Finding out about family accomplishments and students who have achieved things in their careers after school was his response.

But the thing that makes him the most proud is that "I still feel like I'm learning, and I think this is a really good way to get through life because I'm still developing (even though I'm in my 60s) and I'm still finding things about myself that I didn't suspect that were there.

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Former journalism co ordinator Bob Trotter enjoys a book at Chapters, his favorite bookstore.
(Photo by Brent Clouthier)

Active after the fact

Ex-faculty member adds chapters after retirement

by Brent Clouthier

His business card says it all. Freelance writer, editor, syndicated columnist, guest speaker, seminars on media writing, etc.

Bob Trotter is a man of many lives and he is adding another chapter to his story.

The retired former co-ordinator of Conestoga College's journalism department now finds himself as a part time bookseller at Chapters bookstore in Waterloo.

"It's great exercise for my numb bum," Trotter jokes. "I bought a pedometer to work once and I found that I walked 5.6 km in a six-hour shift."

Trotter was a member of Conestoga's faculty for 23 years and was journalism co-ordinator for 20 years.

By his own admission Trotter feels that he, along with associates Andrew Jankowski and Rae Murphy were instrumental in turning the journalism program into the county's most respected.

"Shortly after I started, we re-organized the program into the current trimester system," Trotter remembers. "There was a $30-million faculty that was empty for four months during the summer. I felt it should be used. Businesses don't shut down for four months. Why should we?

Trotter recalled that he started under former Ontario premier Bill Davis' brainchild. "Davis felt there was a gap between high school and university. He gave us the money to fill the gap and boy, did we spend it," Trotter says.

"We were the first journalism department in Canada to add the component of having to do a one month to three-month on-the-job internship in order to graduate from the program." Trotter states proudly. "We had between 24 to 30 internships a year."

Trotter fully retired from Conestoga over five years ago and took up a bit of acting. He can be seen as an extra in the *Robocop* series, as well as in the movies *Trial By Jury*, with Armand Assante, and *Johnny Mnemonic*, with Keanu Reeves.

He was a former reporter for the Kitchener-Waterloo Record for 11 years before he joined the Conestoga faculty, but continues to write.

"I have a self-syndicated column in six local newspapers, like the Stratford Beacon Herald, called One Foot in the Furrow. The agricultural column was voted second best by the Beacon's readers. He also pens another column entitled Gray Matter, a light-hearted look at growing older.

Trotter sees his current job at Chapters as a logical and natural progression.

"I'm a voracious reader. Words are my life," he says. "Besides it helps to make the car payments."

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Undefeated season continues

Condors sting Seneca, win 5-3

By Jason Gennings

The Conestoga Condors stand undefeated in regular season hockey play after a 5-3 victory over the Seneca Sting in a home game Oct. 28.

Their third OCAA league game of the season was won despite suffering heavy penalties in the second period.

Conestoga blasted one of the gates with three goals in the first period to get a lead they would not give up.

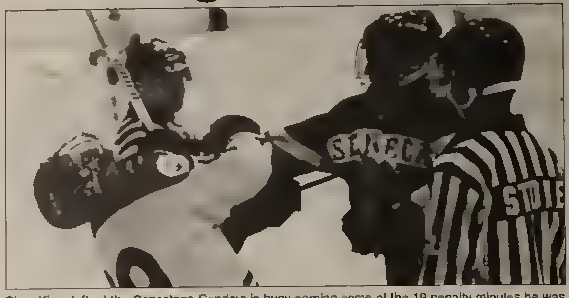
Three minutes into the first, the game's first goal went to Conestoga's Ryan Martin. Six minutes later Mike Traynor added a goal for the Condors to make it 2-0. Near the end of the first period Darren Dillon solidified the lead making it 3-0.

Some rough play at the end of the opening period led to a brief tussle after the first period buzzer.

The second period opened with a quick goal by forward Paul Smith who scored 29 seconds after the puck was dropped. About 10 minutes later the Sting's Chris Coburn scored and Seneca was within one goal of tying the game.

Seneca pressed hard during the second period and kept the pressure on the Conestoga goalie Anthony Gignac. Despite a two-men power play Seneca was unable to score again.

All of the action was near the Conestoga net during the power play and there were some great saves by Gignac.



Chris King, left, of the Conestoga Condors is busy earning some of the 19 penalty minutes he was awarded against Seneca in Men's Hockey action on Oct. 28.
(Photo by Jason Gennings)

Halfway through the second period there were some scraps between the players and it opened the flood of penalty calls.

During the outburst Seneca received four minutes and Conestoga 29 including a two-minute bench minor.

Conestoga player Chris King nursed a cut on his chin while serving a couple minutes for slashing and five minutes for elbowing but the real hurt came with the two 10-minute misconducts handed to Conestoga's Kyle Boulton and Mike Traynor.

Things got hot as the crowd yelled out their opinion of referee Philip Olinski.

At one point it was hard to keep track as there seemed to be more people in the box than on the ice.

The third period opened and the Condors showed what they learned from period two with a quick goal by Darren Dillon making the score 4-2.

Conestoga's final goal was a smooth deflection by Remsey Hanlon into the net while a Seneca defenceman was busy trying to get him away from the front of the net.

Seneca rallied with a series of shots on the Conestoga net that were stopped by Gignac.

Condor Kyle Magwood did his best to return the favour with a quick snap at Seneca's goal, but was stopped cold by Sting goalie Colin March.

The third period featured great shots and blocks by both teams. The Seneca Sting surged near the end of the third and Paul Smith drove home his second goal making the final score 5-3.

Penalties were heavy for both teams, Conestoga had 57 minutes and Seneca 48.

"We wanted to come out with a lot of discipline and a lot of physical play," said Ken Galerno, head coach of Condors varsity hockey. "We had a great first period because we stayed out of the penalty box and were able to go with our three or four lines and keep throwing fresh legs at them."

He said he was less pleased with the second period where Seneca scored twice.

"We simply gave up. We stopped skating," Galerno said. "As soon as we got into penalty trouble I lost some of my key players."

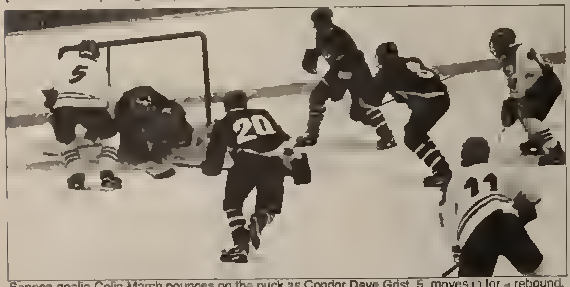
Francesco Bazzecchi, head coach of the Sting said winning this game would have been nice.

"We would have been 2-1 instead of 1-2," he said. "No one likes to lose two games in a row."

The Sting will not see action again until Nov. 11.

"That gives us the opportunity to go back, regroup and work on some things," he said.

Condors now play a couple of away games, and return home Nov. 25 when they host the Humber Hawks.



Seneca goalie Colin March pounces on the puck as Condor Dave Grist (5) moves in for a rebound.
(Photo by Jason Gennings)

COUNSELLOR'S CORNER: GRIEF

You can't stop crying, you feel angry, you feel numb. All of these feelings are normal reactions to loss in our lives — a reaction we call grief. Grief does not only have to be a result of losing a loved one to death, we grieve any kind of loss: the breakup of a relationship, the loss of good health or even the loss of a dream to reach a certain goal. Although these feelings are natural, it sometimes helps to talk them over with a counsellor as part of the healing process. Writing your thoughts in a journal, reading books about grief and talking to friends can also help. Most of all, give yourself permission to grieve. Feelings left bottled up will only come out later, delaying the healing process. If you have a friend who is grieving, don't worry about saying the wrong thing to them. Just be there, be a good listener or remind them how much you care with a card, a hug or some time together.

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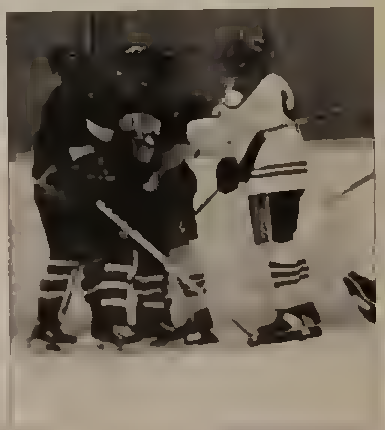
Ned Bekavac

By phone:
748-5366

By fax:
748-5971

Or e-mail:

spoke@conestogac.on.ca



One of many battles between Seneca and Conestoga at the Oct. 28 game.
(Photo by Jason Gennings)

Mihelic nets two goals in victory

Condors capture soccer bronze

By Neven Mujezinovic

Conestoga College picked up the bronze medal in the Ontario Colleges Athletic Association Championships by beating Durham College 2-0 on Oct. 31 in Kitchener.

Dan Mihelic scored a goal in each half to give the Condors a deserved victory.

The Condors were missing four key players due to suspension or injury. Paul McQuade, Paul Mouradian, Derhan Sherifali and Dwayne Bell. Nevertheless, Conestoga was able to rebound from Oct. 30th's heartbreaking semi-final loss better than Durham from theirs, and that made the difference.

The game was a hard-fought battle and both teams took turns in dominating the play. Overall, Durham was the better team in the first half, while Conestoga played better in the second.

Once again it was the Condors power-up front that carried the day.

The first goal came in the 44th minute from a free-kick 20 metres out. Mihelic was fouled and took the kick himself. He curved the ball around the wall with great precision. The ball swerved, hit the inside of the left hand post and ricocheted into the net.



The Condors look a calm and confident bunch prior to their bronze medal match against Durham. The Condors got two goals from Dan Mihelic in their 2-0 victory. (Photo By Neven Mujezinovic)

Mihelic's second came in the 67th minute. He broke free on the edge of the penalty area when a deep cross sailed perfectly to his head. Fractionally beating the oncoming goalkeeper to the ball, Mihelic lobbed the ball out of the keeper's reach into the empty net.

The late stages of the game were marred by the expulsion of two Durham players for protesting the ref's decisions, but the game was played in a sporting spirit overall.

Durham coach Stan Bambino said the refereeing was not up to the calibre of a bronze medal game. He thought both teams played hard, but fair, and the refereeing in the last part of the game was very poor.

But full credit to Conestoga. I thought they played well. They got their two goals prior to all this thing (bad refereeing) happening, so congratulations to them," said Bambino.

Bambino added he felt Durham did not repeat their excellent semi-final performance against Humber, in which they narrowly lost on penalties.

"They weren't up for the game today, and that's unfortunate. I think they have to learn as in life that you must continue and do the best you can all the way through and they certainly didn't play to their expectations."

Goalscorer Mihelic was named an All-Star forward in the ceremony after the final.

He said it was really hard to get motivated for the third-place game after expecting to play in the final. Mihelic said Conestoga should have won the semi-final match. He could not explain how the Condors allowed Centennial to catch up three times.

"What can you do? We'll be back next year, for sure," said a confident Mihelic.

Team co-captain Paul Mouradian said it was a good season despite not finishing on top.

It was a great trip from start to finish. The guys came along well together. Unfortunately, it had to finish with a bronze. Hopefully we'll go for gold next year," said Mouradian.

Mouradian conceded that the semi-final loss was a deserved one, even though the Condors could have and should have won. He also thought the bronze medal victory was deserved because the Condors converted their chances.

Conestoga coach Geoff Johnstone, who coaches men's and women's soccer, said he probably enjoyed coaching this year more than any other.

"Having two teams who were willing to work, apply themselves and learn with greater proportion of players on both teams who were willing to do that than any before, so I had a lot of fun coaching."

Johnstone said the men's season was tremendous and a great springboard, because nine of the 16 men were rookies. He also said if the men's team can acquire some mental toughness from the women's and learn to put the opposing team away after establishing dominance next year, should be even better.

In the final of the OCAA Championship, Humber defeated Centennial 2-0, making Humber top dog in Ontario. Humber will represent Ontario in British Columbia at the nationals on Nov. 4-7. All the teams wished Humber good luck in bringing the national trophy back to Ontario.

Conestoga bedeviled by Colts in extra time

By Ned Bekavac

Hollywood could not have written a better script.

In a dazzling sudden-death semi-final match that was a treat for spectators at Conestoga College on Oct. 30. It was the Centennial College Colts who had one last trick up their sleeve.

Down three times throughout the match, the Colts fought back on all three occasions to stun the Conestoga Condors 4-3 in extra-time.

While the match looked destined for penalty kicks, Colt Kareem Reynolds scored his second goal of the game when he tucked the ball past goalkeeper Bill Johnson after collecting a cross bar rebound just four minutes from the end of extra time.

It was retribution for Reynolds who was nearly ejected from the game in the 63rd minute. "I was just frustrated," the Colt midfielder said of being warned for attempting to strike a Conestoga player. "We were down in the game. I just did the best I could to help my team."

When Zack Lakoseljac gave the Condors the lead just 11 minutes from time on a brilliant header from the left side, it looked like the Condors were on the way to a 3-2 victory.



Conestoga's Dan Mihelic eludes a Centennial defender in OCAA semi-final action Oct. 30. The Condors led three times in the match, but lost 4-3 in extra time. (Photo By Ned Bekavac)

But just like they had done twice earlier, the Colts battled back, this time sending the game to extra time.

With seven minutes left in regulation, the Colts' Gary Johnston knotting the score at three from a corner kick. The Condors left the front post unmarked and Johnston, who had until then lofted all his corners into the penalty spot area, floated a shot on goal that eluded Condor goalkeeper Bill Johnson.

Conestoga coach Geoff Johnstone said the game was lost in set plays. "We lost this game in set pieces," he said. "Which is where we usually win."

The Condors took the early lead in the seventh minute when Dwayne Bell buried a loose ball into the bottom left corner from the edge of the 18 yard box.

The Colts tied it up 12 minutes later when Chris Sinopoli chased a ball that rebounded off the post. Johnson made a fine save, but was beaten by Sinopoli's second strike.

The Condors 2-1 halftime lead came courtesy of a Paul McQuade header in the 38th minute.

But it was the ghost of Reynold's near ejection that would come back to haunt the Condors. One minute after the incident, Reynolds jumped above the Condor defenders and headed home a beauty in the bottom left corner, levelling the score at two. Again, it was the dangerous set pieces that were the Condor's undoing.

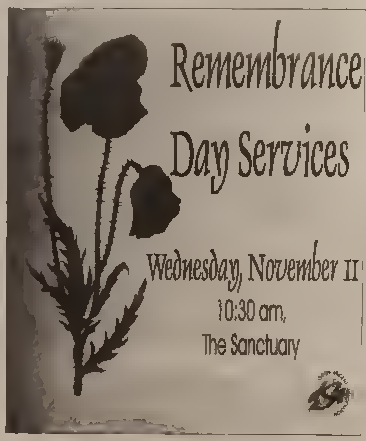
The Condors got a brilliant save from Johnson with three minutes to play to send the game into extra time. Johnson had to lunge to his left to deflect a tough Reynolds header over the bar.

In the end, the Condors ran out of weapons.

Mouradian was red-carded in the second extra time frame after questioning the official.

"It was a close game," coach Johnstone said. "It could have gone either way. Johnstone said he was unhappy with the officiating.

Though the seesaw thriller left Conestoga on the wrong side of the score-line, the team had little time to dwell on the loss as it had to prepare for its bronze medal match against Durham.







A season cast in bronze



Photos by Ned Pekavac and Neven Mujezinovic





